



**Come Join Us!**

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2013  
**FARM FOOD VOICES**

When: **THUR. AUGUST 8<sup>TH</sup>**

Where: **Monticello High School • Charlottesville, VA**

Time: **3 pm - 9 pm**

**Purpose:** *Bringing farmers, consumers and vendors together for better understanding of the local food movement.*

**Bring Your Questions! No Reservations Needed!**

**VICFA**



VIRGINIA INDEPENDENT CONSUMERS  
& FARMERS ASSOCIATION

Check out the many booths  
representing vendors, farmers,  
restaurants, and consumer advocates!

Guest Speakers:

**Joel Salatin**, Master Farmer

**Ivana Kajda**, Consumer Advocate

**Lisa Reeder**, Local Food Hub Rep

Topics include:

- Consumer Needs & Desires
- Farmer Needs & Desires
- How Vendors Facilitate Needs

Families and guests may bring a dish for sharing.  
A \$25 donation would be very welcome. Door prizes galore.

\*Sponsors: **Countryside Organics**  
& **Satyrfield Farms - In Memory of John Coles**

## VICFA

Virginia Independent Consumers and Farmers Association

President, Lois Smith

Vice President, Richard Altis

Treasurer, Jay Smith

Secretary, Christine Solem

Members At Large: Richard Bean, Wayne Bolton, Suzi Croes,

Ed Ely, Susan Verbeeck

Website: [www.VICFA.org](http://www.VICFA.org)

Facebook: <https://www.facebook.com/groups/19160169000/>

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### Share this newsletter with a friend - encourage others to join VICFA!

Annual membership is \$25.00.

Please make check payable to VICFA and send to PO Box 6838, Charlottesville, VA 22906.

#### MEMBERSHIP FORM (please print clearly) \* Required fields

\*Date \_\_\_\_\_

\*First Name \_\_\_\_\_ \*Last Name \_\_\_\_\_

Company /Farm Name \_\_\_\_\_

\*Address \_\_\_\_\_ \*City \_\_\_\_\_ \*State \_\_\_\_\_

\*Zip \_\_\_\_\_ County \_\_\_\_\_ Congressional District \_\_\_\_\_

\*Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

Website \_\_\_\_\_ Producers, please list the products that you sell:

\*Do you want to be listed in the Membership Directory?  Yes  No *Note. Your directory listing will contain all of the above information unless you indicate otherwise below.*

How did you hear about VICFA?/Comments:

July 2013

JOEL SALATIN SPEAKS AT OUR 2013 ANNUAL MEETING  
PHOTO BY: SUSAN VERBEECK

# VICFA Voice

**Our Mission:** *To promote and preserve unregulated direct farmer-to-consumer trade that fosters availability of locally grown or home-produced food products*

July 2013

## In This Issue:

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*An introduction by our new president*

**VICFA & GMO's**  
*VICFA Says YES to taking a stand against GMO's & What you need to know about GMO and sweet corn*

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*A Brief Report*

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*The pitfalls of when our government decides our farm and food fate*

## Welcoming the New and Saying Farewell to the Past

By Lois Smith

I would like to introduce myself as the new president of VICFA. My name is Lois Smith. I am a mother to seven children. My husband and I own a small business. I am a farmer who sells at the Ashland Farmers' Market (pork, chicken, eggs, and baked goods) and I am co-owner of a concession trailer called Amazin' Grazin' that specializes in local Virginia grass-finished beef and pastured pork and chicken. I also milk a cow. God willing, I will be starting my cow shares again in August.

I am very proud to be part of this organization because I hear people complain about losing freedoms in America, but most of that energy stops in the complaining stage and I find that very disappointing and unproductive. VICFA has allowed me to focus on changing the things I find offensive about big government and it gives me a sense of accomplishment that I find refreshing in an age where freedom seems to be a memory mentioned by my elders. I became a member of VICFA in 2002 and I am very grateful that I have had the privilege of meeting and learning from so many great people!

Our recent past president, Wayne Bolton, holds a special place in my heart. I will never forget Wayne saying to me, "You do not realize the freedoms you have lost because you never had them!" Those words are always in my head when I struggle with leaving my family to attend another VICFA meeting, Dept. of Agriculture meeting, and lobbying at the General Assembly. I will always cherish the time Wayne and I spent at the VA State Fair. We manned the VICFA booth for ten hours a days, 11 days in a row, educating people about true freedom and choice. My hat goes off to you, Wayne, on how you could really draw people in, keep their interest and make them think! The confidence you have addressing a crowd I envy. It is a confidence that comes from really knowing your stuff about issues that affect farmers!!

Wayne Bolton has told more people about VICFA and has had more people join than any other VICFA member. Wayne has had health problems; and when I went to visit him at the hospital, the staff had heard about VICFA. That's because our past president really believes in what VICFA stands for and how important our mission to save our food choices really is.

Wayne, I know that I can never fill your shoes! You are from a generation that had such integrity. Your shoes are going to be tough to fill, but I am honored to have had you as a mentor for the task ahead of me.

God Bless America and you, Wayne Bolton! Thanks for a job well done! I pray that I and the rest of the VICFA members will use your term as a template for our actions and attitudes over the coming years. ■



VICFA PRESIDENT: LOIS SMITH

## VICFA's Annual Meeting votes Yes on the opposition to genetically modified organisms (GMO's)!

"VICFA is opposed to the patenting of life; therefore, VICFA opposes genetically modified organisms (GMO's)."

After some discussion on the decision of publicly standing in opposition to the GMO issue the vote at the Annual meeting was a unanimous Yes! What direction that should take is for future meetings and will take planning. However it is clear that education on this issue for farmers and consumers alike is important so, we will continue to expand on this important health and economic issue.



### Buyer Beware - Info on GMO Sweet Corn

Unbeknownst to the majority of consumers, in the summer of 2012 large quantities of GMO sweet corn appeared on grocery store shelves and roadside produce stands. In 2011, Monsanto announced plans to grow genetically modified sweet corn on 250,000 acres, roughly accounting for 40 percent of the sweet corn market. The sweet corn is

being used for frozen and canned corn products, and is also available fresh across the country.

#### Here are key facts you need to know:

**What?** GMO sweet corn is genetically engineered to be herbicide resistant (Roundup Ready) and to produce its own insecticide (Bt Toxin). Like all GMOs, genetically modified sweet corn has not been thoroughly tested to ensure that it is safe for consumption.

**Who?** While GMO sweet corn has been produced in the past by Syngenta, this is the first attempt by a biotech company to corner the sweet corn market.

**Where?** GMO sweet corn can be found in the produce aisle of your local food store and at farmers' markets and farm stands. It can also be found in processed foods that contain sweet corn

**How can I keep GMO sweet corn off my plate?** All of the Non-GMO Project Verified sweet corn is listed here; however, if you can't find a Verified version, eating Certified Organic sweet corn is a great step towards protecting you and your family from this experimental food. Under the regulations of the National Organic Program, Certified Organic farmers are not allowed to knowingly plant GMO seed. ■

Courtesy of: <http://www.nongmoproject.org/> For more information please visit their site.

### On-Farm Activity Working Group, A Brief Report By Suzi Croes

On May 29, 2013 an On Farm Activities Working Group met for the first time at the Virginia State Capital, Senate Room 3. The group was formed in response to several bills considered by the 2013 session of the Virginia legislature including the HB 1430 the "Boneta Bill". HB 1430 intended to address and expand the 1981 "Right to Farm" bill's definition of on the farm market for farmers in the state of Virginia and offer protection from local county ordinances that may affect landowner's rights in regards to on the farm commerce.

VICFA's Vice-President Lois Smith and VICFA members Martha Boneta and Joel Salatin are part of the group. The other members of the working  
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group are:

- Travis Hill, *Deputy Secretary of Agriculture and Forestry*
- Matthew J. Lohr, *Commissioner of Agriculture and Consumer Services*
- Steve Berryman, *College Run Farms, Surry, VA*
- Trey Davis, *Assistant Director of Governmental Relations, VA Farm Bureau*
- Katie Frazier, *President, VA Agribusiness Council*
- David King, *King Family Vineyards, Crozet, VA*
- Larry Land, *Director of Policy Development, VA Association of Counties*
- Joseph Lerch, *Director of Environmental Policy, VA Municipal League*
- Paul Rogers, Jr., *Rogers Farm, Wakefield, VA*
- Holder Trumbo, *Chairman, Fauquier County Board of Supervisors*
- William L. "Billy" Vaughan, *Director of Community Development for Rockingham County*
- Fred Wydner, *Pittsylvania Co. Agriculture Development Director*

The purpose and goal of the group is to gather information that will provide useful and insightful feedback on what Virginia needs to do to provide more flexibility for the state's growing agriculture industry. As local small farming continues to expand in Virginia the parameters for commerce need to change and expand as well, accommodating the new surge of growth for the grassroots farm-to-consumer agricultural market.

Surprisingly this first meeting held some promise as members of the group began to open up the dialog on the issues that farms, small and large, face when dealing with the public and local government administrators. In the recent past, group members would have been at odds with each other, but all who were present showed a genuine interest in problem solving by sharing ideas and their perspectives on the myriad of issues that can arise. Several private citizens and VICFA members came and were able to make public comments at the end.

*Prior to this first meeting, members were asked to answer three questions:*

1. What on farm activities should be protected?
2. What have you seen your county or other counties doing to promote on farm activities?
3. What do you hope the On-Farm Activities Working Group will accomplish?

VICFA's Vice-President (*currently president*) Lois Smith's response to these questions were as follows:

1. *In your opinion what on-farm activities should be protected?* All on-farm activities that consumers want to partake in should be protected. If consumers want fast food or food direct from the farmer they should have that choice. They should be able to visit, camp, hunt, buy food, take photos, buy an apron make by grandma, buy a handcrafted chair or whatever on-farm activity they choose on private property without government intrusion.

2. *What have you seen your county or other counties doing to promote on-farm activities?* I do not believe that the county should be promoting on-farm activities. Counties just should not discourage on-farm activities. Counties in my area promote government controlled farmers' markets, but I would like to see more private farmers' markets and farm-stands like Martha Boneta's. I have seen them discourage it more than encourages it. I believe in Hanover County a slaughter house was trying to open and get approval from zoning and they were having trouble. There are not many choices in USDA slaughter facilities in Virginia. The cannery is about to shut down, so now they are trying to have a manufacturer come in. They think it is great that farmers can sell the company that wants to use the cannery their farm products. I think it would be great if farmers could can their own vegetables so they could make "for value" of their product, time and labor. The question is, why is the county trying to help a manufacturing company over trying to make it legal for the county citizen to can and sell their vegetables directly to consumers?

*continued on page 3*

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3. *What do you hope the On-Farm Activities Working Group will accomplish?* I hope that the On-Farm Activity Working Group accomplishes equal respect and understanding of the struggles all farmers "big and small" face. That we can work together to strengthen farming in Virginia for all kinds of farmers and by doing so give consumers the choice of what on-farm activities they want to participate in.

The next On-Farm Activity Working Group meeting is scheduled for July 23, 2013 location is still pending but will be posted as soon as possible.

The meetings are open to the public with time allotted to make a comment at the end and I urge anyone who is for change to come and take this opportunity to speak up for small and large farming rights. I hope to see you there.

For more information, details (including comments) of the May meeting, or to leave a comment by email, please visit the Virginia Department of Agriculture and Consumer Services. <http://www.vdacs.virginia.gov/news/farmactivities.shtml> or email: [comment-webmaster@vdacs.va.gov](mailto:comment-webmaster@vdacs.va.gov) ■

## VICFA Notes: July Meeting

The July Meeting will be held in  
Beaverdam, VA on July 14, 2013.

*VICFA would like to extend our appreciation to our host for this month's meeting. Thank you to Christopher and Anne Sullivan*

We will share in a potluck lunch at 1:00 pm, followed by our general business meeting from 2:00 - 4:00 pm. VICFA membership meetings are open to the public. Please bring a dish and a big helping of enthusiasm to share. Broaden our reach - invite a friend or neighbor to join you.

**Sunday, July 14, 2013 at 1:00 pm**

*hosted by Christopher and Anne Sullivan*  
15396 Beaver Den Lane  
Beaverdam, VA 23015

**DIRECTIONS: From Charlottesville Area:** Turn left and take ramp onto I-64 E toward Richmond. Go for 18 miles. Take exit #143/VA-208/Louisa/Ferndale. Turn left onto Courthouse Rd (VA-208). Go for 8.8 miles. Turn right onto E Main St (US-33). Continue on Davis Hwy (VA-208, VA-22). Go for 4.8 miles. Turn left onto E 1st St (US-522). Continue on E 1st St for 0.6 miles. Continue on Fredericks Hall Rd and go for 9.7 miles. Turn left onto Bumpass Rd. After 3.6 miles, Continue on Beaver Dam Rd for another 3.8 miles. Continue on Beaverdam School Rd for 1.4 miles, then Turn left onto Flat Iron Rd. Continue on Teman Rd. for about 2 miles. Turn left onto Union Church Rd. Then Turn right onto Anderson Mill Way. After 0.4 mile, Turn right onto Beaver den Ln. Your destination on Beaver Den Ln is on the left.

**From the Richmond Area:** Take I-64 West and travel for 35 miles. Take exit #110/VA-639/Ladysmith and Turn left onto Ladysmith Rd. After 5.7 miles, Bear left onto Anderson Mill Rd. Go for 3.5 miles then Continue on Teman Rd for 0.4 miles. Turn right onto Union Church Rd. then Turn right onto Anderson Mill Way. After 0.4 miles, Turn right onto Beaver Den Ln. Your destination on Beaver Den Ln is on the left.

## On Farm and Food Freedom

*By Christopher Sullivan*

*"If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny." – Attributed to Thomas Jefferson*

Sadly, we have reached the predicament described above. The various levels of government decide, seemingly at random, which foods will require their sanction and permission to produce, sell, and buy. Acquiring their sanction is cost prohibitive. Worse, it infringes on the property rights and economic liberty of the farmers and food producers to sell their product and on the rights of the consumers to decide what food they will eat by bureaucratically reducing the amount of choices in the market. We can see

from the prevalence of diseases and health disorders that these burdensome policies do not keep us safe and healthy as the bureaucrats claim. Rather, they only serve as economic barriers to prevent small farmers and food producers from entering the market, to the benefit of the politically connected, and all at the expense of individual liberty.

The cost to liberty is not only bureaucratic in nature. Violations of these laws come with real consequences. Many of my family, friends, and neighbors are shocked when I tell them that I cannot sell them dairy products (in Virginia selling raw dairy is out of the question) from our goats without cost prohibitive capital investment to comply with federal, state, and local codes. They can't fathom that there would ever be any real danger in my doing so. I promptly direct them to news articles of armed USDA agents persecuting Amish farmers, or raiding farms and natural food co-ops as seen in the recent film (which I highly recommend), Farmageddon. They then understand that selling our dairy or our freshly slaughtered and cleanly processed chickens, direct from farmer to consumer, is indeed business that's too risky.

So what solutions are available to those industrious enough to produce quality food but not on the agribusiness scale and for the consumer who wants the freshest and most local food they can get? We can work through the legislative process to roll back these infringements, and thankfully VICFA is dutifully and diligently leading that charge, but we shouldn't be surprised when the legislative bodies that deliberately destroyed our basic right to grow, sell, buy, and eat the food of our choice are hesitant to restore that right. After all, liberty, once lost, is rarely returned. I believe that while we should indeed work toward legislative solutions, we need to find and share any and all means to circumvent bad, and in many cases unconstitutional laws, nullifying them at the farmer-to-consumer level. The market is demanding access to higher quality and healthier food than the government wishes to sanction. We'll find the solution before the government even realizes they caused the problem. ■

*Christopher, a VICFA member, is the Libertarian nominee for the House of Delegates in Virginia's 55th House district. He is a graduate of Virginia Military Institute, a former Marine Corps captain, and is working with his wife and three daughters to establish and grow their homestead farm where they raise dairy goats, poultry, rabbits, and tend honey bees. You may reach him via email at [sullivanforliberty@gmail.com](mailto:sullivanforliberty@gmail.com) or at [www.sullivanfordelegate.com](http://www.sullivanfordelegate.com).*

*VICFA would like to thank Christopher Sullivan for his timely contribution to this issue of VICFA Voice.*



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